

Outdoor Recreation



Women's Hiking Group 480-350-5200-Exercise and enjoy the outdoors with female camaraderie. No kids, no phones, no hassles! Class will consist of one mandatory classroom meeting prior to all hikes on Tuesday, October 24, 7pm at Pyle Adult Center-Patio. Participants must be in good health. Hikes are easy to moderate. You will need a day-pack, lunch and transportation to and from the trail head-carpooling optional. Classroom meeting and hikes meet at the Pyle Adult Center.

Hike Dates: McDowell Mtns, Sat. 11/4, 7:30am-12:30pm; Lost Dutchman Park-Siphon Draw, Sat. 11/18, 7:30am-2:30pm; Utery Mtn Pass, Sat. 12/2, 7:30am-2:30pm. Fee: \$44.

3043 18yrs+ T 10/24 7-8pm PAC

Basic Birding 480-350-5200-

Do you know what bird this is? Learn to identify wild birds in the incredibly diverse environment of Arizona. Class instructed by Herb Fibel, president of the Maricopa Audubon Society. Three half-day field trips will be scheduled on the first night of class. Fee: \$24.



3036 18yrs+ W 9/20-11/1 7-8pm PAC

Discover Scuba 480-350-5200-For those who think they might like to learn how to Scuba dive, this is your chance to "test the waters". This workshop will give you a hands-on look at what the sport is all about. You will learn about equipment, safety and certification requirements. Wear your swimsuit and bring a towel, you will be able to get into the pool with an instructor and try out the equipment. Fee: \$40.

3041 16yrs+ T 9/26 6:15-8:30pm OCP
3042 16yrs+ Th 10/12 6:15-8:30pm OCP

Gardening: Annuals 480-350-5201-Learn which annuals are best at providing year-round color in containers and beds, and how best to use them for long-term design. Fee: \$11.

3500 18yrs+ M 10/9 6-7pm KRC

Gardening: Bulbs 480-350-5201-Bulbs are a beautiful and low maintenance way to add color to your garden. Learn how to properly plant, so you can enjoy them throughout the years to come. Fee: \$11.

3502 18yrs+ M 9/25 6-7pm KRC

Gardening: Citrus 480-350-5201-Want fresh orange juice? Grow it! Discover the varieties which give you sweet and juicy fruit. Proper tree care and pest control will also be included. Fee: \$11.

3501 18yrs+ M 10/23 6-7pm KRC

Gardening: Rose Gardens 480-350-5201-Roses add a special touch to any garden, and may be used as ground covers, climbers or shrubs. This class will get beginners started on their own rose gardens and provide intermediate gardeners with helpful hints. Topics include: proper planting, pruning, pest control and care. Fee: \$11.

3499 18yrs+ M 11/6 6-7pm KRC

480-350-5200 • See page 2 for Code of Location Abbreviations.

Gardening: Vegetable Gardens 480-350-5201-Want organic vegetables grown in your backyard? Learn how to plant, fertilize, and care for your vegetable garden-naturally. Fee: \$11.

3348 18yrs+ M 9/11 6-7pm KRC

Hunter Education-480-350-5200-Volunteers from Arizona Game and Fish Department will instruct this course. Class will consist of 9 two-hour classroom sessions and a mandatory session at the firing range on October 7. Participants must be at least 10 years old in order to receive official certification. Families are encouraged to take the class together. Non-registered individuals are not permitted in class. Fee: Adult \$6 Youth \$3

3039 10yrs+ T & W 9/12-10/4 6:30-8:30pm PAC

☞ **NEW! Outdoor Yoga-480-350-5200**-Experience yoga in a relaxing outdoor setting overlooking Kiwanis Park Lake. Please bring your own mat and towel or blanket and dress appropriately for the weather. Be aware there may be outside noises and people in the area. Enter Kiwanis Park from the north entrance off of Baseline Road, signs will direct you to the class. *No class 11/11, 12/25. Fee: \$35.

3236 16yrs+ Sa 10/28-12/9* 10-11:25am KIWPKN

Rock Climbing and Rappelling-480-350-5200-Basic instruction on fundamentals and techniques of climbing, as well as knot tying and methods of belaying. Adults 18 years+ only. Participants need to arrive 15 minutes prior to class start time to be fitted for shoes and complete waiver form. Fee: \$44.

3040 18yrs+ W 10/4-10/18 6:30-9:30pm ROC

☞ **NEW! Wilderness Survival-480-350-5200**-Learn basic wilderness survival techniques for desert or forest. Topics will include components of a basic survival kit, first aid, map reading, signaling and what to do when lost. Additionally, learn how to construct primitive shelters, build fires, and deal with wild animals. Fee: \$30

3694 18yrs+ W 10/11 & 10/18 6:30-8pm PAC

Rowing

Junior Rowing-Junior refers to high school age rowing or anyone 18 years old or younger. Rowers spend their first year as a Novice rower; learning the technical skills and gaining the physical fitness needed to produce a smooth, stable boat. At local competitions, novice rowers race against other novice rowers leveling the playing field and creating some exciting race opportunities.

After completing the novice year, rowers enter into the Varsity class to improve their skills and fitness and to focus on upcoming races. There is more emphasis on boat speed and selection; A squads and B squads are formed, and the team will race locally as well as going on the road to race.

Novice-Recreational Row/Juniors-Come join the Novice rowing team and develop your rowing skills in a team sport environment. The novice year focuses on learning the rowing stroke and rowing fitness. Novice/Recreational rowers will be eligible to race in our local race; The Hot Head Regatta, October 28. Float tests* will be held on 9-6 at a local pool for all first timers. Call to inquire about rolling enrollment, 480-350-8069.

3262 13yrs+ M/W/F 9/6-12/8 4-6pm \$138 TTL

Varsity Row-Juniors-Designed for rowers that have completed their novice year and/or have taken the Varsity class before. Varsity Rowing fine-tunes the skills you have learned to create fast racing boats and build a competitive team. This class will be training and preparing for the following races; Hot Head Regatta, 10/28, Head of the Marina, and the Newport Fall Rowing Festival. This course is repeatable. Prerequisite: 4 Sessions Novice Rowing.

3263 13yrs+ M/T/W/F 9/5-12/8 4-6pm \$160 TTL

Adult Rowing

Adult Rowing encompasses anyone who is 18 years old or older. Whether you are an accomplished competitive rower or if you have never seen a rowing shell before, we have a class for you.

Beginners will take the Learn to Row 1 course to get introduced to the very basics of rowing. Learn to Row 2 will allow you to improve your newfound skills (or remember your old rowing skills!) and prepare to join the Novice Rowing Program. The Novice Rowing Program gives you the opportunity to row as a team; form boats and, possibly, put your skills to the test at one of our local rowing races.

Intermediate/Fitness rowing focuses on the enjoyment of rowing a shell and getting a great workout in the process. There is an option of racing at local (11/ 28, Hot Head Regatta) and regional (Head of The Marina, and Newport Rowing Festival) regattas with these classes.

Competitive/Advanced Rowing is for those who have had one or more years of rowing experience and some racing experience. This group focuses on competitive rowing and competing in local (Hot Head Regatta, 11/28), regional (Head of the Marina, and Newport Rowing Festival,) and national regattas (Head of the Charles).

No Classes will be schedule the weekend of Oct. 28/29 because of a City sponsored Rowing Race.

Learn to Row 1-Designed exclusively for first time rowers, this course will lead you through the basics of the sport of rowing. Safety, boat handling, proper rowing technique and initial fitness development are stressed. Participants must be able to pass the 10 minute float test* and have a basic level of fitness. The first class will meet at a local pool for the float test and safety video presentation. Attendance of the first three classes is mandatory. Fee: \$105.

3251 18yrs+ Sa/Su 9/9-10/8 7:30-9:30am TTL
3252 18yrs+ T/Th 9/5-10/5 5:45-7:45pm TTL
3272 18yrs+ Sa/Su 10/21-11/26 7:30-9:30am TTL

Learn to Row 2-Your next step in rowing! This class will build on the skills you learned in LTR 1 in order to row or cox in an 8 or 4 person shell. Focus on developing rowing skills, fitness and confidence to progress to Novice Rowing. Prerequisite is LTR 1. Fee: \$105.

3253 18yrs+ Sa/Su 9/9-10/8 7:30-9:30am TTL
3254 18yrs+ Sa/Su 10/21-11/26 7:30-9:30am TTL
3936 18yrs+ T/Th 10/17-11/16 5:45-7:45pm TTL

Adult Novice Rowing-Completed LTR 1 & 2, Novice Rowing is your next step. Local race competition is an option. Prerequisite: LTR 2. Fee: \$150.

3258 18yrs+ Sa/Su 9/9-12/3 5:30-7:30am TTL

Adult Fitness Row-Designed for the rower who has completed Novice Rowing and wants to gain a higher level of experience. Fitness rowing will challenge rowers to improve skills and develop a strong cardiovascular fitness base. Prerequisite: Two sessions Novice Rowing. This class is repeatable. Instructor: Bob Neckes. Fee: \$150.

3250 18yrs+ Sa/Su 9/6-12/3 5:30-7:30am TTL

Adult Competitive Rowing Program-This course is designed with the serious competitive athlete in mind. Rowers are taught racing techniques, strategy and boat speed development. This class will be building toward a competitive national racing schedule. Prerequisite: One year plus rowing experience, with some racing experience. Fee: \$175.

3265 18yrs+ M/W/F 9/6-12/8 5-7am TTL

Outdoor Recreation

Open Row: Your choice, sculling or sweep rowing. Specific coaching for all boats. Prerequisite: 1 session Novice Rowing or 1 session Intermediate Sculling. Fee: \$150.
3260 18yrs+ M/W 9/6-11/29 5:45-7:45pm TTL
3261 18yrs T/Th 9/5-11/30 6-7:30am TTL

➤ **NEW! Open Row Option-**This class is designed for the rower who owns their own boat and would like to receive some extra coaching on the water. Students can bring their own boat to class and get some coaching for their own training as well train with the rest of the class. Fee: \$115.
3937 18yrs+ Tu/Th 9/5-11/30 6-7:30am TTL

Basic Sculling-Class will teach the student the skills required to row a single, double and quad oared shell. It is designed for people with no sculling experience. Prerequisite: Learn to Row 2. Fee: \$105.
3266 18yrs+ Sa/Su 9/9-10/8 8:30-10:30am TTL
3273 18yrs+ Sa/Su 10/21-11/26 8:30-10:30am TTL

Intermediate Sculling-This class is designed for those wishing further development of their sculling skills. Prerequisite: Two sessions basic sculling. This class is repeatable. Fee: \$65.
3267 18yrs+ Sa/Su 9/9-10/8 6:30-8:30am TTL
3274 18yrs+ Sa/Su 10/21-11/26 6:30-8:30am TTL

Erg Fitness-Great for rowing fitness. This class will supply you with an individualized work-out plan. While there will be mixed experience levels in this class, the workouts will be tailored to the individual. Prerequisite: LTR 2. **No Class on Thanksgiving** Fee: \$55.
3248 18yrs+ T/Th 9/5-9/28 6-7:30pm TTL
3249 18yrs+ T/Th 10/3-10/26 6-7:30pm TTL
3271 18yrs+ T/Th 10/31-11/28 6-7:30pm TTL
3495 18yrs+ T/Th 12/5-12/28 6-7:30pm TTL

Rowing Shell Ownership Class-Do you currently own a boat and are looking to learn more basics of ownership? Or are you considering purchasing a new boat and are wondering what it would take to own and care for a boat? Then this is the class for you. Students will learn important information for boat care including handling, storage and transportation from experienced rowers. Preventative maintenance, rigging and general repairs will also be introduced. This class will not only prepare your boat for regatta travel but it will prepare you as well. Fee: \$35.
3938 18yrs+ Sa 10/14 9-12pm

Beginning Kayaking-Ever wanted to learn how to roll a kayak? Arizona Canoe and Kayak classes are designed for beginners interested in learning how to paddle and roll kayaks. This 16 hour class teaches you how to fit and select gear, basic strokes, wet exits, bow rescues, Eskimo roll and boat handling technique in preparation for white water or sea kayaking. Bring your swimsuit and towel and prepare to have fun! Kayaks, equipment and PFD's provided. Fee: \$175.
4023 16yrs+ Sa/Su 10/28, 29, 11/4, 5 1-5pm KRC
4024 16yrs+ Sa/Su 11/11, 12, 18, 19 1-5pm KRC

Kayaking-Ride the Waves-For advanced kayakers to practice, workout, or demo the latest kayak designs and/or equipment. Paddlers must have completed the flat water and wave classes to enroll. Fee: \$25.
4021 15yrs+ Su 10/8 1-4pm KRC
4022 15yrs+ F 10/27 6-9pm KRC
4025 15yrs+ F 11/3 6-9pm KRC
4026 15yrs+ F 12/1 6-9pm KRC

Moon Light Kayak Float-Ever paddled by the light of the moon? We'll fit boats, grab paddles and wear life jackets to launch our boats on Tempe Town Lake under the full moon. Prior experience is not necessary. Bring your swim suit, glow sticks, towel and dry clothes and prepare to howl at the moon. Kayaks, canoes, equipment and PFDs will be provided. Must be 18 years or older to participate. Fee: \$30 if you need a boat, \$20 if you bring your own boat.
3256 18yrs+ Sa 9/9 7-9pm TTLM

Moon Light Kayak at Canyon Lake-Come enjoy the fall weather at beautiful Canyon Lake. Enjoy the short drive to the cool water of Canyon Lake and we'll spend an evening on the lake enjoying the scenery and beautiful moonlight. Transportation and kayaks will be provided. Fee: \$60.
3257 18yrs+ Sa 10/7 4-9pm TTLM

High Performance Dragon Boat Clinic: This class is geared toward experienced paddlers looking for an edge in racing. The class will cover stroke technique and the theory behind it. Two on the lake paddling sessions with coaching and two video analysis sessions included. Participants are encouraged to bring a snack for the between paddle video review. Prerequisite: Prior Dragon Boat paddling experience. Fee: \$25.
3576 18+yrs Sa 9/9 7:30am-Noon TTLM

Sailing for Juniors-A beginning class for young sailors to be taught in one person, 8-foot Optimists. Classes will be taught by Certified US Sailing Instructors and all equipment will be provided by the Arizona Sailing Foundation. Prerequisite: float test and safety video at the first class; only the first class will be held at the Kiwanis Recreation Center. Fee: \$145.
3577 8-14 yrs M/T/W/Th 10/9-12 5:30-7:30pm TTLM

Hawaiian Outrigger Canoe Paddling-Youth class (ages 12 - 18) designed to instruct in the basics of outrigger paddling, this class will focus on the technique and types of strokes used to paddle an outrigger canoe. Course designed with the beginner in mind, we are looking to further develop youth outrigger paddling on the lake. Fee: \$35.
3649 12-18yrs Sa 9/9-9/16 8-10am

Sports Activities for Adults

Adult Team Sports Leagues 480-350-5200

The City of Tempe Parks and Recreation offers a comprehensive adult sports league program. Please call for registration information.

Organizational meetings are a requirement for league participation and are held at the following facilities:

- ESCA Escalante Community Center, 2150 E. Orange Street
- KRC Kiwanis Recreation Center, 6111 S. All-America Way
- LIB Tempe Library Building Board Room, 3500 S. Rural Road
- PYLE Pyle Adult Center, 655 E. Southern Avenue

Sport	Fall	Winter	Spring	Summer
Softball	X		X	X
Basketball (Women's)	X			
Basketball (Men's)		X		X
Co-Rec Soccer	X		X	
Flag Football	X			
Volleyball	X	X	X	X

McClintock High School Adult Fitness-The McClintock High School state of the art fitness center is available for adult participation from 6am-7:30am, Monday-Friday when school is in session. Equipment includes free weights, weight machines, stationary bikes, treadmills and other fitness opportunities. A fitness room supervisor will be on duty to assist, instruct and offer consultation. Locker room and shower facilities are not available. The program is offered as a partnership between the City of Tempe and the Tempe Union High School District and is free of charge. For additional information call 480-350-5218. Membership required.

Open Gym Volleyball-Bring your friends for a fun afternoon of bumping the ball around on our indoor climate controlled court. Membership & photo ID required. Fee: None.
16yrs+ Sa Ongoing 2-4:30pm ESCA

Registration dates for Fall Adult Volleyball Leagues:
Organizational meeting: W, 8/9, 7pm
Residents: 8/14/06-8/25/06
Non-Residents: 8/17/06-8/25/06
League dates: 9/5/06-10/18/06
Tournament dates: 10/24/06-11/7/06

Registration dates for Winter Adult Volleyball Leagues:
Organizational meeting: W, 12/6, 7pm
Residents: 12/11/06-12/29/06
Non-Residents: 12/14/06-12/29/06
League dates: 1/9/07-2/21/07
Tournament dates: 2/27/07-3/7/07

Online information at <http://www.tempe.gov/pkrec/KRC/Volleyball/default.htm>
Supervised Basketball Program-The Kiwanis Recreation Center offers men's and women's ages 16yrs+ supervised drop-in basketball sessions. Two courts are available. Call ahead to check gym availability at 480-350-5201. Program is on going. Fee: \$3.
16yrs+ Th 4:30-8pm KRC
18yrs+ Su 9-11:30am KRC

Drop-In Volleyball Program-The Kiwanis Recreation Center offers men's and women's ages 16yrs+ supervised drop-in volleyball sessions. Two courts are available for all levels of play. Call ahead to check gym availability at 480-350-5201. Program is on going. Fee: \$3.
16yrs+ Su 1-4pm KRC

ORGANIZATIONAL MEETING		
League	Location-Date-Time	Season
Men's Baseball	Not yet scheduled	Spring 2007
Men's Basketball	PAC-11/28/06, 7pm	1/3/07-3/10/07
Flag Football	PAC-8/17/06, 7:30pm	9/19/06-11/21/06
Women's Basketball	Contact the Escalante Community Center at 480-350-5800.	
Co-Rec Soccer	PAC-7/19/06, 7:30pm	9/6/06-11/15/2006
Slo-Pitch Softball	PAC-12/6/06, 7:30pm	1/19/07-4/29/07
Volleyball	See details this page.	

League fees will be announced at the organizational meeting. Visit us on the web at <http://www.tempe.gov/pkrec/sportspage/> or call 480-350-5200 for information or to add your name to a player pool list.